

Aldridge Running Club - Clubnight Routes

August 2018

Date	Distance	Route		Meeting Point
07/08/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	Mill Lane 4		In the carpark
	6 Miles	Canal 6		On road outside club gates
	9 Mile	Steady 9 Mile Group		On road outside club gates
	2 Miles (walk)	Walking Group		In the Club House
14/08/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Mile	Canal 4		In the carpark
	6 Mile	Little Aston Golf Course 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	In the Club House
21/08/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	4th Handicap Race		In the carpark
	2 Miles	Walking Group		In the Club House
28/08/2018	1 - 3 Miles	Summer Mile Loops		On the grass outside the club
	4 Miles	Canal 4		In the carpark
	6 Miles	Little Aston Golf Course 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	2 Miles	Walking Group		In the Club House
	N/A	Effort Sessions	Coach Reeves	In the Club House